



## Experience, Strength & Hope: Affirmations

Dear EA Members,

In order to provide EA members with an extra "boost" during the early days of the pandemic, we began a weekly email, *Experience, Strength & Hope*, with trustee reflections based on the Just For Today's and focused on the current world situation. You can find that series [here](#). We received a lot of positive feedback on these emails and continued this service with a series of 12 emails on maintaining a healthy EA group. You can find that series [here](#). The next set of 12 emails focused on gratitude. You can find that series [here](#). We are happy to continue to offer these mid-week 'boosts' to EA members! The next series will consist of affirmations written by an EA member, Mia C. We are grateful for her contribution to this effort! We hope you continue to find value in these messages. Please share these emails and encourage others to sign up on our website [here](#) to receive them.

### **Weekly Affirmation:**

I will rely on my EA program to pray for the courage to take risks without fear and learn from my own mistakes.

***Your financial support of EA makes everything possible! Please consider a gift [today](#).***



[director@emotionsanonymous.org](mailto:director@emotionsanonymous.org) | [www.emotionsanonymous.org](http://www.emotionsanonymous.org)

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

PO Box 4245  
St. Paul, MN | 55104-0245 US

This email was sent to .

*To continue receiving our emails, add us to your address book.*

[Subscribe](#) to our email list.